

HOLLYDALE HERO HIGHLIGHTS

A news publication for the parents and students of Hollydale Elementary School

**Our Hollydale Community takes pride in being safe, responsible, and respectful.
We Inspire and Empower Each Student!**



A Word from the Principal...

Mrs. Debra James

During this time of **Distance Learning for All**, the Gresham-Barlow School District is committed to providing equitable access and opportunities for all students. We know this is a challenging time for our students, staff, families, and greater community.

As a foundation for successful **Distance Learning for All** of our students, schools have a critical responsibility to:

- Continue to focus on student belonging, care, connection, well-being and mental and social-emotional health.
- Actively engage and nurture relationships with students, families, and community.
- Center equity in all outreach and communication efforts with parents and caregivers.
- Encourage, support and provide opportunities for active collaboration and communication between school leaders, teachers, and all school staff.

Daily Schedule

Instructional window (“classes”) will be held 8:30-11am Monday, Tuesday, Thursday and Friday. **Teacher Office Hours** will be held daily from 1-3pm. There will not be “classes” on Wednesdays as this day will be reserved for Staff professional learning, collaborative planning, and office hours.

CHROMEBOOK PICK UP

If you requested a Chromebook and have not picked one up yet, please come to the Hollydale Parking lot on Tuesday, 4/14, 2-6pm OR Wednesday, 4/15, 10am - 2pm.

Updated April Newsletter, April 13-17

Weekly updates will be emailed.

Key Terms:

Instructional window: This is a dedicated, daily block of time for teachers to provide online instruction. Teachers have flexibility within this window as to how they will structure learning and activities.

Office hours: A specified time where teachers are available to answer questions and interact with students and parents remotely using an online meeting platform. Teachers will be available to actively engage with individuals and groups of students and families.

Please contact your teacher if you have any questions:

- | | |
|---------------------------|--|
| Heidi Craddock (K) | craddock@gresham.k12.or.us |
| Julie Heath (K) | heath@gresham.k12.or.us |
| Sara Martin (K) | martin72@gresham.k12.or.us |
| Robyn Glove (1) | glove@gresham.k12.or.us |
| Danni Langston (1) | langston3@gresham.k12.or.us |
| Hope Newport (1/2) | newport@gresham.k12.or.us |
| Karie Snodgrass (2) | snodgrass@gresham.k12.or.us |
| Deanna Yucho (2) | yucho@gresham.k12.or.us |
| Concepcion Diaz (3) | diaz94@gresham.k12.or.us |
| Angeli Kumar (3) | kumar@gresham.k12.or.us |
| Tami McDonald-Johnson (3) | mcdonald@gresham.k12.or.us |
| Chastity Clegg (4) | clegg@gresham.k12.or.us |
| Samantha Gale (4) | gale5@gresham.k12.or.us |
| Shannon Murdock (4/5) | murdock@gresham.k12.or.us |
| Louise Frewing (5) | frewing@gresham.k12.or.us |
| Erin Mitchell (5) | mitchell59@gresham.k12.or.us |
| Grace Hann (ELD) | hann@gresham.k12.or.us |
| Liliana Moss | moss19@gresham.k12.or.us |
| Gary Vaughn-Winter | vaughn12@gresham.k12.or.us |

Take Care and Be Well

Debra James

james@gresham.k12.or.us

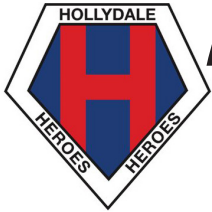
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Visit Hollydale’s website at: <http://hollydale.gresham.k12.or.us> • 503-661-6226 • 505 SW Birdsedale Drive, Gresham, OR 97080

School Hours: 8:35a.m. - 3:05p.m • Wednesdays: 9:35a.m. - 3:05p.m.

Gresham-Barlow School District recognizes the diversity and worth of all individuals and groups. It is the policy of this district and the board of education that there will be no discrimination or harassment of individuals or groups in any educational programs, activities or employment. Gresham-Barlow provides equal access to individuals with disabilities.



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A Message from the Office

The official [Hollydale Facebook](#) Page is now live. Watch for school announcements, events, community resources and much more.



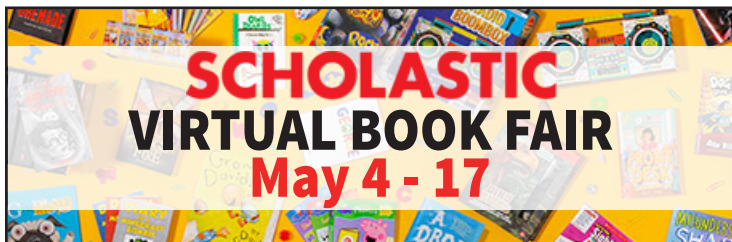
 **Hollydale Office: 503-661-6226**

Office staff are able to remotely answer the phones from 8:00am to 4:00pm, Monday through Friday. If we are unable to answer, you will be able to leave a voicemail.

ONLINE Kindergarten Registration

If you have a child that will be 5 on or before September 1st please register now! If you have friends, family or neighbors in the Hollydale district with upcoming fall kindergarteners please let them know registration is open! Please visit our website, <http://hollydale.gresham.k12.or.us> or click here <https://bit.ly/2yZ3tKv>

If you need access to your ParentVUE account please contact Cheryl Eki at eki6@gresham.k12.or.us for your access code. You will need an email address to complete the registration process.



The Virtual Fair is a fantastic way to get books in the hands of your students to keep them reading at home.

- Over 6,000 items to choose from including elementary and middle school grade levels!
- All purchases benefit our school
- Shop Book Fair exclusives, best-sellers, skill-builders
- Orders ship direct to home
- Book-only orders over \$25 receive FREE shipping

Visit our Book Fair Homepage and click "Shop Now"
<http://www.scholastic.com/bf/hollydaleelementary>

Counselor's Corner



Hello Families and Students!

First, let me say how much I miss seeing all of you and that I hope you are all staying well. As a community, we are experiencing a new reality, one that is temporary, but comes with the need to be flexible, adjust to new circumstances, and manage not only our own stress and anxiety, but our children's as well.

There is a lot of information being published or posted online right now about how parents can help their children to cope with the current situation. A common theme is that parents need to take care of themselves first, so that they have the emotional resources to be there for their child. This means it's important for you, as a parent or guardian, to find positive ways of managing your own stress and fears, in order to help your child to manage theirs.

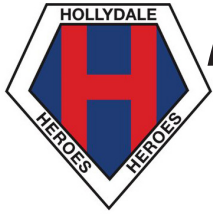
I am a parent myself, and I know that in our current situation, it's very easy to feel overwhelmed with worry, fear and stress for a good part of the day. We have to recognize that this prevents us from being at our best. Denying the feelings doesn't help. It's important to acknowledge these feelings, but also to be able to MOVE ON from them to a more positive and productive emotional place. When you feel bogged down with stress and worry, call a friend, do an activity you love, read an uplifting book, play a game, take a walk, or daydream about a vacation you'd love to take — whatever makes you feel good that is also healthy and good for your well-being. It's not selfish to do this, it is necessary. If you can manage your worries positively, you'll be able to help your child manage theirs as well.

In future newsletters, I'm going to be adding additional resources and strategies that can help adults and kids manage anxiety and stress during difficult circumstances. I hope there will be something that you will find useful.

As always, please feel free to contact me via email or phone if you have questions or need help of any kind — I am happy to help!

Warmly,

Christine Fitch, School Counselor
fitch@gresham.k12.or.us 503-661-6226



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Family Support Resources

FOOD RESOURCES

Gresham Barlow is providing free breakfast and lunch to students, either through school pick-up or delivery along certain routes by school bus.



GBSD Grab and Go Meal Sites

Lunch and breakfast for the next day, can be picked up between specific hours at a number of school sites. During the lunch pick-up, students will also be given a cold breakfast for the next day. There is no longer a separate pick-up for breakfast. You do not have to go to your school to pick up – you can go to any location. **West Gresham Elementary is the closest one to Hollydale. Pick up 11:30am - 12:30pm**

[For a list of pick-up locations, click here](#)

Meal Distribution in Neighborhoods

Meals are also being delivered via school bus on selected routes. Beginning April 7, there is only one delivery per day. This delivery will be mid-day for lunch. At that time, students will also be given a cold breakfast to take home for the next day. [For food distribution routes, click here:](#)

Springwater Trail Apartments 11:30am

Hollydale School 12pm

Berryridge Apartments 12pm / Lumina Apartments 12:30pm



SnowCap

Pre-packed boxes of fresh and frozen food are being given out to families outside the front doors. Please dress warmly as there may be a wait. Please practice social distancing while standing in line.

Monday - Friday 10am - 2pm

Monday and Wednesday 6pm - 8pm

17805 SE Stark St., Portland 97233, 503-674-8785

<http://www.snowcap.org/>

Oregon Food Bank

[Oregon Food Bank- Food Finder, click here](#)

These are additional food distribution centers by zip-code with hours, addresses, and phone numbers. (Includes some resources above as well as other locations near Hollydale.)

Metropolitan Family Services Food Pantries

This will be updated each week (MFS Hunger Relief Team)

The types of foods will vary from day to day, but will include some combination of oil, margarine, meat, 3-6 fresh produce items, canned fruit and vegetables, canned and dry beans, cereal, shelf-stable milk, rice, pasta, applesauce, etc. **There are no restrictions to shop – everyone is welcome!** All sites will be held outside and are “shopping-style” with very specific social distancing parameters set.

Cherry Park Elementary School - Mondays 3:45pm - 5:30pm
1930 SE 104th Ave., Portland 97216

Note: We will be handing out pre-packed bags at this site

Glenfair Elementary School - Tuesdays 3:30pm - 5pm
15300 SE Glisan St., Portland 97230

Alder Elementary School - Wednesdays 4pm - 6pm
17200 SE Alder St., Portland 97233

David Douglas High School - Thursdays 5pm - 6:30pm
1400 SE 130th Ave, Portland 97233

Note: This location is different from the main campus on 135th

Parklane Elementary School - Fridays 12:30pm - 2pm
15811 SE Main St., Portland 97233

East Gresham Food Pantry — NEW!

Wednesdays from 12pm - 2pm

Grace Community Church, 800 SE Hogan Road, Gresham

Sunshine Division

Free food box pick-up with no contact between people.

Tuesday-Friday, 9:30am - 11am and 12:30pm - 3:30pm

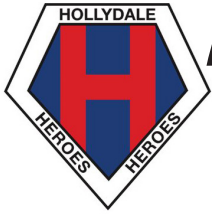
Saturday 9am - 1pm

12436 SE Stark St., Portland 97233, 971-255-0834

<https://sunshinedivision.org>

Sunshine Division Food Delivery Service

A “no contact” home delivery model is available for anyone who is homebound, medically fragile, and/or unable to leave their home. Portland Police Bureau officers will home deliver 200 food boxes to families and individuals within Portland and Gresham five days a week, for a total of 1,000 home deliveries every week. Visit this link to request a food box: <https://sunshine-division.cyrkusevents.com/>



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Family Support Resources Continued

SNAP Benefits Supplemental Nutrition Assistance Program



Everything is normal with SNAP and benefits will continue to be available on their regular schedule. **SNAP debit cards can now be used to order food online through Amazon and Walmart for home delivery across Oregon. Please note that there are delivery fees (which SNAP benefits cannot pay for).**

To apply for SNAP benefits:

- Complete an [online SNAP application](#) and submit electronically.
- Visit an Oregon Department of Human Services SNAP office and fill out a paper or online application in person. The nearest office is 11826 NE Glisan Street. Call ahead **971-673-0909** to determine what social distancing policies are currently in place.
- Contact Multnomah County SNAP Enrollment Specialist and set up an appointment, any time of the week at **503-320-6658** or **503-928-9689**.

DIAPER / WIPES

ROSE HAVEN is a day shelter for women but also can help with diapers. Women-only walk-in. **Call first 503-248-6364.**

CLACKAMAS SERVICE CENTER can take diaper requests. **Call first 503-771-7914.** Temporarily, CSC's hours for direct services are Tues/Thurs between 10am-2pm.

JOIN supports the efforts of homeless individuals and families to transition out of homelessness into permanent housing. Walk in diaper requests welcome, M-F 10am-3pm. **Call first 503-232-7052.**

NARA Northwest (Native American Rehabilitation Assoc. NW): Diaper requests welcome at their Child and Family Services location: 620 NE 2nd St., Gresham. **Call first 503-936-5989.**

SNOW CAP takes diaper requests for Multnomah County residents who are East of I-205. **Call first: 503-674-8785.**

RENTAL/HOUSING ASSISTANCE

Families needing help with housing or rental assistance, should contact 211info.

- Dial 211 (toll-free)
- Text your zip code to 898211
- Email help@211info.org (link sends e-mail) (Monday-Friday, 8am-6pm)
- Search 211info.org



Multnomah County Restriction on Evictions:

Multnomah County residents cannot be evicted for not paying rent during the entire time the county and city are under a state of emergency. This applies to anyone with substantial loss of income due to COVID-19 by way of job loss, job closure, reduction in work hours, missing work due to a child's school closure, and missing work due to sickness or the illness of a family member. Rent owed to a landlord will continue to accrue during the state of emergency, but without late fees. There will be a six-month repayment grace period, which will begin as soon as the state of emergency ends. As of right now, this is in effect until July 9 with possible extensions. Renters must notify their landlords the day before rent is due.

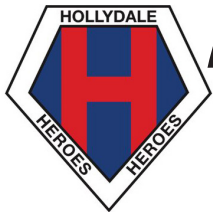
Home Forward works with community agencies to provide hotel vouchers, rent support, help with evictions and housing support for people at risk for homelessness. Offices are currently closed, but you can reach them by phone: **503-802-8300** or email: info@homeforward.org <http://www.homeforward.org>

UNEMPLOYMENT RESOURCES

Unemployment insurance is available for most workers who lose their jobs "through no fault of their own." File online and do it as soon as possible — it takes a week for benefits to kick in and three weeks before payments start. A lot of information is at Oregon.gov.

If you have questions about unemployment specifically related to COVID-19: [click here](#)

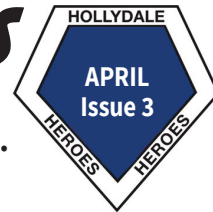
COVID-19 Scenarios & Benefits Information, [click here](#)
To file an unemployment claim, [click here](#).



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Family Support Resources Continued

UTILITY RESOURCES

PGE, NW Natural, City of Gresham Water, will not disconnect services for non-payment, or charge late fees for those who are unable to afford utilities right now. Balances will continue to accrue, and companies will work with you on re-payment plans. Details can be found on their websites.

Comcast/Xfinity is offering wifi, hotspots & data free of charge, regardless of whether or not someone is an existing customer. They are also waiving late fees during the outbreak. A hotspot locator as well as other information is available at <https://corporate.comcast.com/covid-19>. Comcast also offers INTERNET ESSENTIALS for \$9.95/month (prices subject to change). For qualifying customers who apply before 4/30/2020, they are offering two months free. After that time, customers can cancel or they will be charged the monthly rate. 1-855-846-8376

SIGN UP FOR GMAIL



It is important that students and parents have access to a gmail account for online schooling. If you don't have an account, you can sign up for free. Step by step information to sign up can be found here: [Setting Up a Gmail Account](#)

HEALTH RESOURCES

OREGON HEALTH PLAN

The fastest way to apply for OHP is to go to this link: <https://one.oregon.gov/> (multiple languages available). Families can apply at any time. There are some pre-screening questions that will determine if you qualify, and if not, you will be directed to other resources. Call 1-800-699-9075 Monday – Friday, 8am-5pm if you have questions.

COUNTY HEALTH DEPARTMENT CLINICS

All [Multnomah County Student Health Centers](#) are closed except Parkrose. This clinic serves all school-age youth, regardless of ability to pay.

Parkrose Student Health Center

Parkrose High School - 12003 NE Shaver, Portland

(back side of building next to gym entrance)

Hours: M-F 8:30am - 5pm. Appointments: 503-988-3392

[Multnomah County Health Centers](#) serve all ages regardless of ability to pay. Services include adult and child health care, women's health, pregnancy care, and mental health care.

East County Clinic: 600 NE 8th Street, 3rd floor, Gresham
Monday - Friday 8am - 7pm. Appointments: 503-988-5558.

Rockwood Community Health Center: 2020 SE 182nd
Monday - Friday 8am - 6pm. Appointments: 503-988-5558

Mid County Clinic: 12710 SE Division
Monday - Friday 8am - 7pm. Appointments: 503-988-5558

NE County Clinic: 5329 NE MLK Jr. Blvd.
Monday - Friday 8am - 7pm. Appointments: 503-988-5558

County Health Telemedicine/phone consultations:
503-988-5558

County Dental Clinic: 600 NE 8th Street, Gresham
Mon. - Fri. 7:30am - 6:30pm. Appointments: 503-988-4900

MENTAL HEALTH RESOURCES

Cascadia Mental Health Urgent Walk-In Clinic: Open daily, 9am-9pm, for anyone experiencing urgent/emergent mental health needs. If the person needs to see a prescriber, they should arrive no later than 7pm, 4212 SE Division, Suite 100. 503-963-2575. <https://cascadiabhc.org>

Portland Suicide Lifeline: 503-972-3456

Multnomah County Mental Health Crisis Line:
503-988-4888

National Suicide Prevention Lifeline
1-800-273-TALK / En español: 1-888-628-9454

Crisis Text Line: text "HOME" to 741741

The Teen Line: 1-310-855-HOPE (4673)

National Youth Crisis Hotline: 1-800-448-4663

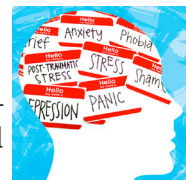
WEBSITES FOR STRESS AND ANXIETY

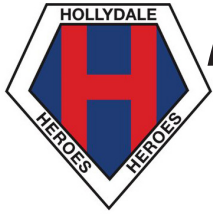
[Care for Your Coronavirus Anxiety](#)

The team at Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research-based and helpful tools to help people manage anxiety related to current events.

[Headspace: We're here for you](#)

Free online guided meditations and movement activities to decrease anxiety and enhance well-being.





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Educational Resources

In addition to Supplemental Learning Materials your child's teacher will share with you, the following resources are available. Click on the links below.

[Multnomah County Library](#)

Six month digital library cards are available with an online application. There are additional learning resources available with a library card including Mango Languages which teaches multiple languages including English.

[Amazing Educational Resources](#)

Master list of educational companies offering free subscriptions right now.

[Scholastic Learn At Home](#)

Twenty days free access (up to three hours per day) with full online lesson plans for each grade level.

[Mystery Science](#)

Free science lessons

[List of Authors and Illustrators](#)

Online story time featuring many different authors.

[OPB Update to TV Schedule](#)

OPB has adjusted its television schedules to support K-12 students with grade-level and subject-based programs, Monday-Friday, 6am-6pm.

[Time for Kids Digital Library](#)

Free Time subscription for the rest of the school year.

[Amazon Prime Kids Movies and TV Shows](#)

Free to stream for everyone.

Other Resources

[Metropolitan Family Service](#)

Resources for families.



[Corona Virus Payments](#)

IRS instructions on the corona virus payments coming out to taxpayers.

[Economic impact payments: What you need to know](#)

To be eligible to receive the economic impact payments, the IRS has to verify the income levels either from a 2018 or 2019 tax return. If you did not file a tax return those years, the IRS is working on a simplified method to file a return. Another way to file quickly is to use the free file software found here: [Free File](#) if your income was below \$69,000 and you can use a simple tax return.

[IRCO \(Immigrant and Refugee Community Organization\)](#)

List of Resources including COVID-19 information translated into multiple languages.

[Multnomah County COVID-19 information page](#)

[Emergency Relief Resources for Portland Metro](#)

Earl Blumenauer's office has put together a comprehensive list of resources and support for metro residents, which they are continuing to update.

[Causa: Oregon's Immigrant Rights Organization](#)

Oregon Immigration Resources

[PCUN \(Pineros y Campesinos Unidos del Noroeste\)](#)

Nonprofit organization advocating for Oregon farmworkers and working Latinx families.

[Self Enhancement, Inc. \(SEI\) Resource Page](#)

This newsletter and updated information will be emailed home weekly.

If you need additional resources, please contact:

Sandra Jones at sandraj@mfs.email

Christine Fitch at fitch@gresham.k12.or.us

Gracie Hann (Spanish speaking) at hann@gresham.k12.or.us

For District updates please visit Gresham Barlow School

District Website: <https://www.gresham.k12.or.us>

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